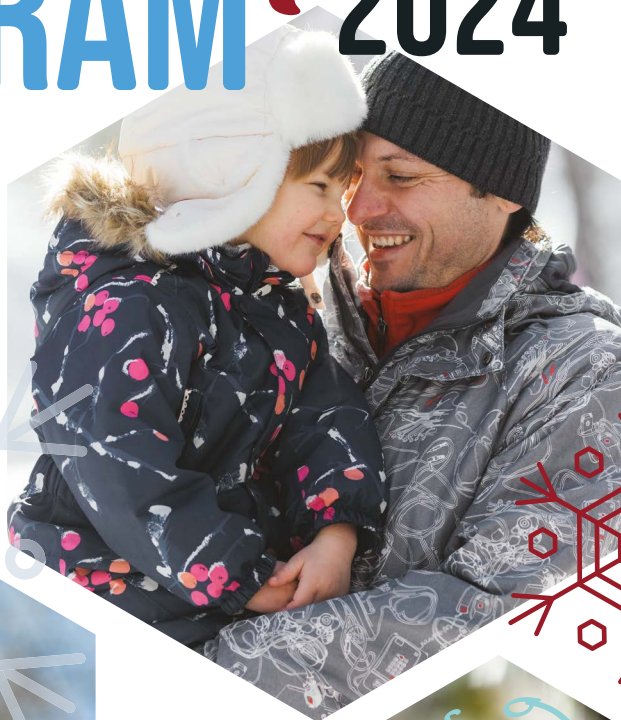


Winter-Spring PROGRAM 2024



Une version française est disponible au cfmv.com



Valcartier
Military Family
Resource Centre



Canada



Registration

STARTING ON DECEMBER 18 AT 8:30 AM

418 844-6060

**Priority will be given to military and veterans families.*

Facilities

ROOM	DESCRIPTION	SCHEDULE	CLIENTELE
Op. Soleil Open Play Room	Room 109 of the VMFRC is created for parents and their children. Come take advantage of free periods to socialize with other parents.	Monday to Friday 8:30 am to noon and 1 pm to 4:30 pm	Parents and their children 0 to 5 years old
Le Repaire youth club	Le Repaire youth club welcomes young people to a healthy environment of belonging which promotes their integration and development. The club is supervised by a team of qualified and dynamic counsellors who are there to support, empower, and encourage young people in their journey to adulthood. Youth attending Le Repaire have access to several activities, structured or not (pool table, baby-foot, video games, board games, music, etc.).	Wednesday 6 pm to 9 pm* Thursday 6:30 pm to 9:30 pm Friday 6:30 pm to 10:30 pm * 6 th graders are welcome on Wednesdays.	12 to 17 years old
Documentation Centre	The documentation centre is a quiet place away from home where you can continue your job search with all the tools you need at hand.	Monday to Friday 8:30 am to noon and 1 pm to 4:30 pm	Everyone
Living Environment	During the VMFRC's opening hours, you can use the community room. Decorated by the volunteers on the living environment committee, the community room has all sorts of information on the activities and programs that the VMFRC and its partners offer. Whether you drop by with your children or by yourself, it is the ideal place to chat with others, meet new people, eat or relax.	Monday to Friday 8:30 am to noon and 1 pm to 4:30 pm	Everyone

Childcare Services

SERVICE	DESCRIPTION	SCHEDULE	CLIENTELE	COST
Drop-in Daycare*	An occasional childcare and respite service.	Monday to Friday** 7 am to 4:30 pm	2 to 5 years old (preschool)	\$5 per hour or \$35 per day Two children: \$8.50 per hour or \$60 per day
Evening Drop-in Childcare*	An occasional childcare and respite service.	Tuesday-Wednesday-Thursday** 6 pm to 9 pm	0 to 5 years old (preschool)	\$5 per hour
Day Nursery*	An occasional childcare and respite service.	Monday to Friday** 8 am to 12 pm and 12 pm to 4 pm	0 to 2 years old	\$17.50 per 4-hour period

*Reservation required at least 24 hours in advance.

**All year long except holidays.

Childhood 0 to 5 years old

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
Small Talk	A warm, safe place where parents and their children can come to enjoy a few hours of camaraderie, conversation, and friendship	Tuesday or Wednesday 9:30am to 11 am WINTER January 16 to April 3 rd SPRING April 9 to June 19	Parents and their children 0 to 12 months old	\$10 per kid per session
Sunny Day Group	Parents and children are invited to come socialize and have fun in a warm, secure environment. A group of volunteers organizes different activities. Children stay under the supervision of their parents.	Thursday or Friday 9:30 am to 11 am WINTER January 18 to April 5 SPRING April 11 to June 21	Parents and their children 0 to 5 years old	\$15 per child per session \$25 for 2 or more children from the same family per session
Babies on bord group	A warm place to enjoy a few hours of camaraderie, conversation, and friendship. A moment to gather with future mothers and get ready together for the adventure of welcoming a child.	Monday from 1 pm to 2:30 pm or Monday evenings from 6:30pm to 8 pm WINTER January 15 to April 1 st SPRING April 8 to June 17	Pregnant women	\$10 per session
Welcome Baby	Prenatal and postnatal visits at the VMFRC for future and new parents from the military community. This program aims to support parents in the beautiful adventure that is the arrival of a new child.	Anytime	Future and new parents from the military community	Free with registration
Second Language Workshop (English)	Children can learn French or English through educational activities, games and conversations under the supervision of a qualified animator. <i>If your children attend the Sentinelle des Petits daycare centre, we can go and pick them up so they can join the workshop.</i>	Tuesday 9 am to 10 am or 10 am to 11 am or Wednesday 10 am to 11 am WINTER January 9 to March 20 SPRING April 2 nd to June 5	4 and 5 years old	\$55 for the 10 week session
Get Together Club English-speaking group	Are you looking to meet other english speaking people? The Get Together Club is the perfect group to exchange stories and participate in activities with or without children. The Get Together Club is adapted to welcome children 0-5 years old. Come meet other Englishspeaking families, even if English isn't your first language.	Monday 9:30 to 11 am April 15 to June 17	Adults without children or with children 0-5 years old	Fee to be determined according to the activities
Nursery school «Jardin des petits explorateurs»	An educational program comprised of activities led by a qualified educator who welcomes children for a period of three hours per half day.	Monday to Friday 8:30 am to 11:30 WINTER January 8 to March 29 SPRING April 1 st to June 21	2 to 5 years old	\$15 per child per half-day \$25 for two children from the same family \$35 for three children from the same family
Little Geniuses Workshop	Workshops to promote the overall development and autonomy of children while encouraging them to learn emotional, motor, social, cognitive, and language skills.	Monday to Friday 12:45 pm to 3:45 pm WINTER January 8 to March 29 SPRING April 1 st to June 21	3 to 5 years old	\$15 per child per half-day \$25 for two children from the same family \$35 for three children from the same family



Childhood – Youth 3 to 12 years old

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
Father-Children Activities	Being a dad is the best job in the world! Strengthen the bond between you and your kids by spending special time with them. A positive experience and a chance to meet other dads.	Ice Fishing: during spring break Other dates to come	Dads and their children 3-12 years old	Depends on the activity.
What? We Are Moving!	Preparatory workshop on posting for children who will have to move. The purpose of this activity is to give young people the necessary tools to better understand the situation and to facilitate the transition to a new environment.	June 5 3:30 pm to 5 pm or 6 pm to 7:15 pm	5-9 years old children who will have to move	Free

Youth 6 to 12 years old

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
The Adventurers	Children from grade four, five and six are invited to take part in an after-school program where they can participate in preventive and educational activities led by our Youth Counsellors.	Friday 3:30 to 5 pm Starting January 19	Kids in Grades 4, 5, and 6	\$10 per kid, mandatory registration
Home Alone Workshop	This workshop teaches kids safety rules to follow if they are alone, whether at home, after school or at the park.	Saturday 1 to 4 pm February 24	8-12 years old	\$10 per kid
Stress Management Workshop: Billy	Workshops to equip young people with stress management tools. The meetings mainly deal with topics such as physical mechanisms of stress, adaptation strategies, social pressure and performance anxiety, which are addressed through interactive activities.	Starts in February One meeting per week for 6 weeks	Children aged 8 to 12 who are having difficulty managing stress	Free

Youth 12 to 17 years old

ACTIVITÉ	DESCRIPTION	HORAIRE	CLIENTÈLE	COÛT
Stress Management Workshop	Workshops to equip young people with stress management tools. The meetings mainly deal with topics such as physical mechanisms of stress, adaptation strategies, social pressure and performance anxiety, which are addressed through interactive activities.	Starts in March one meeting per week for 6 weeks	12-17 years old	Free
Well prepared to moving	Preparatory workshop on posting to give teenagers the necessary tools to help with the changes incurred and promote the transition to a new environment.	May Schedule to be determined based on registrations	10-17 years old that are moving.	Free
Chit-Chat Dinner: Just For Truth	During meetings, various topics are discussed (romantic relationships, alcohol, drugs, sexuality, sexual orientation, social media, etc.).	February Dates and activities have yet to be confirmed, so watch out for announcements.	12-17 years old	\$2 per youth per workshop



Adults 18 years old +

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
Second Language Courses (French English)	Courses are offered in spring, fall and winter, and can be held during the day or evening. This hybrid program combines group conversation practice (2 hours per week online or in person) with unlimited access to the LRDG (Language Research Development Group) online learning program which includes interactive exercises and lessons.	Session from January 23 to April 12 Schedule based on client availability Tuesday to Thursday (am, pm or evening)	Everyone	50 \$ Spouses, children and parents of military members (regular/reserve), medically released Veterans and their families 200 \$ Non-medical released veterans and their families, military, reservists, civilian residents of Shannon and DND employees 300 \$ Civilians (<i>non-Shannon residents</i>)
Military Life 101*	Introductory Military Reality Workshop. You will learn to recognize the different associated terms, types of military members, bases, challenges associated with this way of life, and more. Whether you are a spouse, brother, sister, friend, or parent of a military member, this workshop is for you!	February 7 From noon to 1:15 pm ONLINE	Everyone	Free
Workshop: Work-Life Balance*	Juggling work, family responsibilities and being a spouse is not easy. Wearing many hats can be a real challenge! A guidance counsellor offers you a meeting space where you can, in a group, discuss your reality and share your tips.	April 10 and 17 7 pm to 8:30 pm ONLINE	Everyone	Free
Table Talk Tuesdays**	Open discussion for the English-speaking community on integration, employment and career planning. Share your experiences, challenges and questions with your peers and the career and employment counsellor.	Tuesdays between 11:30 am and 1:30 pm Starting January 9 OFFERED AT THE QUEBEC SERVICE POINT	English speakers	Free
Workshop: Life after the uniform	When you leave the Forces, you're not only leaving behind a job, but a part of your military family as well. The goal of this workshop is to help you reflect on what you are leaving behind, and also on what you stand to gain.	Wednesdays February 7-14-21-28 <i>A support group is also offered to participants following the group.</i>	Releasing military members and veterans and spouses	Free
Workshop: Life Goal	Workshops to assist willing and motivated veterans in developing a life project in order to grow as individuals. This project can also be meaningful for anyone looking to contribute, directly or indirectly, to the development and well-being of their environment, whether it is through a part-time or full-time job, involvement in the community, implementing a project based on their interests.	Wednesdays March 13-20-27 and April 3 rd (4 sessions of 3 hours each)	Veterans	Free
Workshop: Finally it's my turn!*	Now that your spouse has released from the Forces, you can say, «Finally, it's my turn!» at the professional level. A guidance counsellor will help you explore your interests and skills, and discuss ways of finding and redefining yourself.	Tuesdays January 16-23-30 9 am to 11 am ONLINE	Veteran's spouses	Free
Compassion Fatigue Workshop	This workshop aims at learning how to improve knowledge about compassion fatigue and how to prevent it, express concerns about it and provide resources.	February 20 7 pm to 9:30 pm	Everyone	Free

* WORKSHOP OFFERED ONLINE ** WORKSHOP OFFERED AT THE QUEBEC SERVICE POINT

Family events and activities

ACTIVITY EVENT	SCHEDULE
Valentines Day Disco	February 16
Father-children Ice Fishing	Spring Break
Easter Egg Hunt	March 23-24
Easter Disco	April 5
Hema-Québec blood drive	April 8
Dad Fest	June 8
End of year Disco	June 14

New activities every month!

Check out our virtual calendar for more activities :

crfmv.com/fr/calendrier/



Did you know?

To find more information about our other tools, groups and activities : crfmv.com



Volunteering

You can get involved in your community during the various activities offered by the Valcartier Military Family Resource Centre and its partners. Interested in community involvement? Contact us : info@crfmv.com



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